The Lions' Pride

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Raising Hands, Inside and Outside of Classrooms

By Denzel Williams
Contributing Writer

Saint Leo's First Year Experience team gave all students, faculty, and staff the opportunity to raise their hand this semester with their new Raise Your Hand program.

"Whether it be a student struggling to balance workload, or a maintenance worker expressing a concern for a student, the Raise Your Hand program gives anyone an opportunity to raise a hand for themselves or anyone else," explained Jen Garcia, Director of First Year Experience. "The goal was to give not only students but any and everyone an easier way to get an important message or concern out."

The program is a replacement for the original Success Alert system, a program with a similar aim to reach out to students who might be struggling in an area and, in turn, help with the retention rate of students.

"The original Success Alert system just had a lot of generic information; it wasn't very easy to use for both students or professors and students couldn't ask for help themselves," said Garcia. Over the summer, University Technology Services created the interface for the new program, one that is more user-friendly and assessable by anyone.

To access it, a student or faculty member should log into their online portal and click the Raise Your Hand link located on the right side of the page under Online Services. The page will open into what's called "Student Advocate Request Form. There, the user will select who the request is for, the alert and type a brief description with of any important details. Once the form is submitted, a student advocate is notified and will reach out to the student and help with his/her situation. The program is run out of FYE but works with the University's Residence Life and Counseling & Disability services to make sure that the students receive help from the right department.

So far, the program has been a success.

"Several students are going in and filling out the form for themselves, which is great despite the program has not been promoted much," Garcia said. "It's also just so much easier for faculty to raise a hand for a student as well, whether they have an academic or personal concern for a student."

The program was originally created with the thought of first year students in mind, but the FYE team is planning to raise the awareness of the service to all students who may need help or have general questions on a subject.

The Raise Your Hand program allows for students and staff to not only state their concern but more importantly, get a response. Students who are in need are finding the program a great benefit.

"I could really use that to point me in the right direction for scholarships and student aid," said several students who were sitting in the LRC outside of the FYE office.

The Raise Your Hand service was just offered for the first time this fall and will continue to grow with promotion and peaceful

Picture By Rebecca Maldonaldo

Editorial : Technology in the Classroom

By Sam Corcoran
Erin Gaylord
Contributing Writer
and Online Editor

Technology has been a controversial topic for many colleges around the world. Many professors do not approve of technology in class because it distracts the students and it is disrespectful, but many students feel that since they are adults and are no longer in high school they should be able to use technology as they please.

From the professor's point of view, they have to stand in front of the class and teach students all day, and the students should have the courtesy to pay attention and learn all that they can from the lectures. It is disrespectful for students to be on their phones, laptops, tablets, etc. while they are trying to do their job and teach students who came to college to learn. Many teachers also feel that if they have to sit in meetings all the time and not use their phones and laptops students should not be able to use theirs in the classroom. Students will have to do the same thing when they get a job after college and have to sit through meetings as well, and they should learn now to discipline themselves for when they are in the same situation later in life.

Many students feel that they are in college and should be able to make their own decisions. They know that in college they have more freedom than in high school and their phones will not be confiscated and they won't be sent to the principal's office for using their technological devices. Also some students believe that they should be able to do things like use technology in the classroom because they are paying to go to school, so the teacher should not care because they are getting paid either way.

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Editorial

Code YouTube Red

By Jordan Cardenas
Contributing Writer

Millions of people across the world use it every day—from teachers, to business employees, young children, and probably even your own friends, family and fellow classmates. Since February 2005, YouTube has become a worldwide source of online videos to people for the purposes of education, entertainment, business practices, adorable kittens, personal moments, music, and is even a career for many content creators. For a decade, a majority of this content has been free for anyone to access at any time with the power of the internet, but like many businesses, shake-ups and large changes are bound to happen.

On Oct. 21, 2015, Google unveiled a new subscription service to offer to its audience: YouTube Red. YouTube Red offers a number of exclusive features, such as ad-free video streaming, the ability to download videos onto mobile device to watch offline, and access to exclusive videos. These include online web shows from popular YouTube content creators such as PewDiePie and groups like CollegeHumor.

Originally, Google tested its first subscription-based service called Music Key, which worked similarly with the removal of ads and was tied in with both YouTube and Google Play Music in its invite-only beta, but ended upon Red's announcement. For YouTube Red, users can purchase a subscription for a fee of $9.99 per month, but Google has offered a free one month trial for anyone interested as of Oct. 28, 2015.

While Google reassures users that nothing is changing about YouTube and that all usual videos as well as new uploads will remain free, there are still concerns to consider with the arrival of YouTube Red. One of the biggest concerns is if the value is truly worth the cost of each month. After all, with popular applications such as Adblock Plus and many anti-virus programs including ad blocker extensions, it isn't difficult for people to avoid annoying advertisements in their YouTube experience.

"When I am watching YouTube from my computer, I always have Ad Block on," said Emily Finck, senior English major; "Ads don't bother me in the least, but pop-ups aggravate me to no end."

Upon closer inspection, YouTube's offline playback of videos also isn't quite as marvelous as it sounds. According to Google's Support page on YouTube Red, saved videos and playlists can only be played offline without reconnection for 30 days. Additionally, if a saved video is deleted or removed from YouTube's database due to copyright or policy violations, you will lose that video upon reconnection to YouTube. Google also adds that "Live streams and content from paid channels and videos, movies or TV shows can't be saved offline."

"I already get what I need from YouTube, so it doesn't really appeal to me," said Gabriel Riddle, sophomore Accounting major; "I don't exactly have money to drop on a $9.99 subscription. But I do see where the appeal in it is for other people, it's just not something for me."

Other concerns with YouTube Red is how it affects some YouTube content creators and how it affects those outside of the United States. Google announced that YouTube Red is currently only available in America, which has caused certain videos uploaded from outside of the country to be blocked from watching outside of their country of origin.

Many YouTube content creators also rely heavily on ad-revenue from their viewers, and if YouTube is taking away that ad-revenue with their own profit of YouTube Red, how are the content creators supposed to deal with their loss of revenue and Google's control of it? After all, according to an article from *Fortune*, content creators are forced to agree to YouTube's new terms of service regarding Red, otherwise their videos will be set to private with viewers unable to watch them.

This lack of specific information leaves a lack of trust from not only YouTube content creators, but YouTube users as well. It's clear that Google is jumping onto the video streaming subscription bandwagon in attempts to compete with popular contenders such as Netflix, Hulu Plus and Amazon Video, but can YouTube Red become a successful service for its consumer base to embrace?

"I would think it's a 50/50 chance because YouTube covers nearly every subject of all sorts of videos that you can find on YouTube, but can't find on Netflix," said Hana Lee, sophomore Multimedia Management major.

"I don't think it's going to be able to compete effectively with Netflix. It might be able to compete with Hulu simply because Hulu still has advertisements even if you pay for it," said Alexander Sedam, junior Computer Science major. "It'll have to evolve into its own thing. I don't think it'll ever be able to compete in size with the well-established things that people already have subscriptions for."

In its early stages, the future for YouTube Red remains uncertain, but it seems that it will undoubtedly need adjustments and additions to appeal to a wide audience, as well for Google to work efficiently with some of its YouTube content creators across the globe for greater benefit on both ends.

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Tattoos in the Workplace

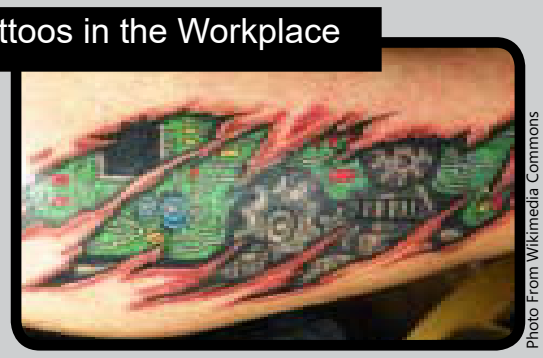
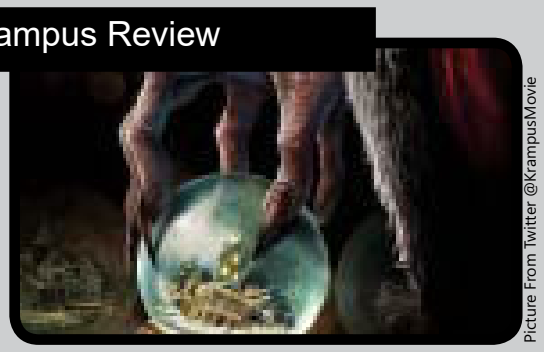


Photo From Wikimedia Commons

Attitudes about tattoos and other body art have changed drastically in the last ten years, especially in the workplace. Learn what you can do to prepare for an interview if you have visible tattoos, and check out student and faculty opinions about body art policies in a video.

Krampus Review



Picture From Twitter @KrampusMovie

While the idea of a Christmas horror movie may seem odd, "Krampus" is a surprising addition to the holiday movie cannon. The movie warns audiences to keep the Christmas spirit alive in the modern world.

M L K Day Speaker

Photo By Ilouisa Salazar

Justice Peggy Quince, the third woman to sit on the Florida Supreme Court and the first African-American woman to lead a branch of government, spoke about her life and career on MLK Day. Check out the Lions' Pride Newspaper's video online.

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Editorial

Continued from page 1

The student's grade is what they earn based on their actions in the classroom and studying outside of the classroom. It does not completely reflect on the teacher if the student does not do well.

Some teachers don't say anything when students use their phones or laptops in class. Many professors will say something along the lines of "please put your phones away," but a few get angry and ask the student to leave if they want to use their technological devices. One professor I had took students' cell phones if they were using them in class and kept them until the class was over.

On the rare occasion there is an emergency, some professors refuse to let students take a call. Emergencies should be an exception to the rule, but some professors feel that students' personal lives should be kept outside of the classroom and not cut into their time teaching class. However, emergencies are unavoidable and happen randomly. Students should not be punished because something came up that they need to take care of. Everyone experiences emergencies even teachers, if a student says that there has been an emergency and they need to leave the class to take a phone call, they should not be yelled at for doing so. On the contrary, students should not do this often to get out of class or use their cell phones.

There have been countless studies which have sought to identify the issues of technological distractions in classrooms. These studies have concluded that students using laptops in class spend a large amount of time multitasking and that the use of technology in the classroom posed a significant distraction for everyone that could see the use of the electronic device. According to Science Direct the level of laptop use negatively impacted several measures of student learning, ranging from self-reported understanding of the material to overall performance in the course.

Some students have come to recognize electronic devices as distractions.

"It's not distracting unless we make it a distraction," stated Lauren Broom, a freshman Criminal Justice major. Many scientists, and even professors, may beg to differ. On many occasions where technology comes into play professors notice that students are often tempted to use these devices for the wrong reasons when they are right in front of them. When professors allow the use of laptops, tablets and cellular devices in the classroom it makes it harder for students to focus on the task at hand. The temptation is hard to avoid when the professor cannot see what all the students are doing while teaching the class. Many students take this chance to open social media sites as well as gaming websites to bide their time until class is dismissed. It is also noted that when there is no penalty students are more likely to repeat these behaviors and dismiss anything bad about doing so.

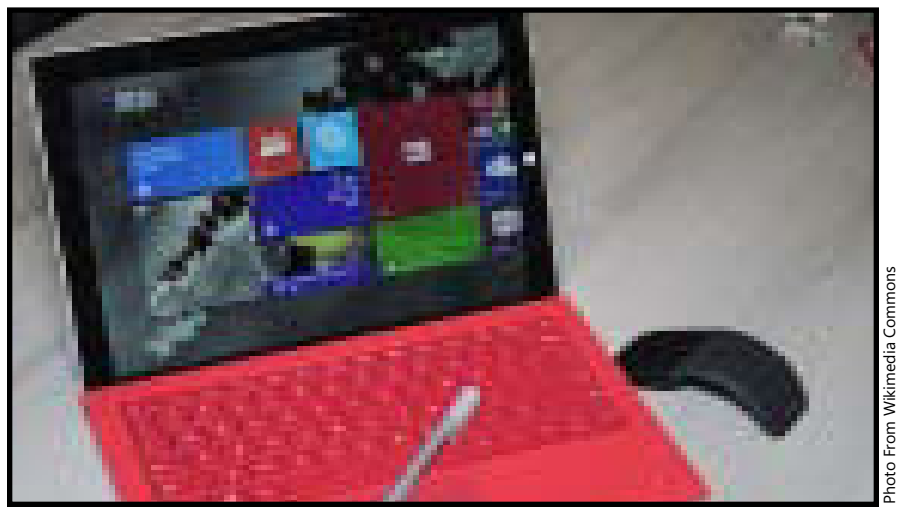

Photo From Wikimedia Commons

Most professors have a policy in regards to technology in the classroom. Some will only allow it for educational purposes, while others never allow it.

Additionally, the use of technology further hinders the ability to stay alert and focused for long periods of time. It has been noted that technology, in fact, is decreasing the length of our attention span. The Microsoft Corporation has recently conducted a study which found that the digital lifestyle is making it increasingly difficult for people to stay focused. Over the past decade the human attention span has shortened from twelve seconds to eight seconds. The excessive use of technology in the classroom does not help with this ever present issue.

Another issue with electronic devices being used in the classroom is the awkwardness and embarrassment the students may face. Often the student at fault does not care that they are getting in trouble, but the rest of the class sits idly by awaiting the scene to be over and the issue to be resolved. This is clearly a disruption to the other students and is not fair for the students which choose to do the right thing and want to learn.

Overall, I believe that the use of technology in the classroom should be limited by the individual that is using the device. Electronic devices should be used respectfully, students must recognize when it is appropriate to use their devices and when it is not. Additionally, professors must recognize that the students are in fact the ones paying to be in school. It is the students' job to want to learn and pay attention. It is on the student if they choose to use their electronic devices and fool around during class time which is designed to help them learn.

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Science

Rising Tide: More Water Means Less Land

By Corina Rimiller
Contributing Writer

Many people have heard of climate change and how global weather is warmer, but what are the facts behind climate change and its effects on the planet? Are Earth's land masses being threatened by water?

The United States Environmental Protection Agency claims that the Earth's average temperature has risen 1.5 degrees Fahrenheit in the last century. It is predicted to get 0.5 to 8.6 degrees warmer in the next century. These numbers might seem insignificant, but the results of the change can be drastic.

"One little degree doesn't sound like much - and in the context of day-to-day weather, it's not," said Michael Kelberer in his 2012 article for *Mother Earth News*. "It's that the temperature of the entire planet is up one degree. Let's look at [this] analogy: If you're sitting in the sun, and the skin temperature on your arm goes up 5 degrees - no problem, you're tanning. But if your body temperature goes up 5 degrees — you take your fever to the emergency room."

When applying heat to frozen water, what happens to it? The solid melts and expands. When something expands, it takes up more space. If the world's ice is melting, water levels will rise.

NASA states that the global sea level has risen about 6.7 inches in the last one hundred years. Considering the size of the ocean, that is a lot of water. Between 2002 and 2006, ice sheets were measured in Greenland and Antarctica. In NASA's Gravity Recovery and Climate Experiment, Greenland was revealed to have lost 36 to 60 cubic miles of ice sheets and Antarctica lost about 36 cubic miles.

The earth won't just get hotter; not only does global warming cause water levels to rise but it causes extreme weather as well.

"Global warming is making hot days hotter, rainfall and flooding heavier, hurricanes stronger and droughts more severe," according to the National Wildlife Federation on their website. "This intensification of weather and climate extremes will be the most visible impact of global warming in our everyday lives. It is also causing dangerous changes to the landscape of our world, adding stress to wildlife species and their habitat."

Heavy rain fall brings flooding, and dry spells cause wildfires and droughts. The weather patterns will be off the charts. Hurricanes, tornados, hail, earthquakes, wildfires, possibly volcanic eruptions and tsunamis, will become more prominent and disastrous.

Because the earth's temperature is rising, there will be longer warmer/hotter seasons. This means longer growing time for crops and shorter winters. Although a shorter winter may seem nice, along with warm weather comes insects; a rise in their population is expected. As the temperature of the earth increases, glaciers, snow and ice will melt while fresh water dries up. NASA has recorded such seasonal changes.

Picture From NASA.gov

In NASA's Gravity Recovery and Climate Experiment, Greenland reported to have lost between 36 and 60 cubic miles of ice sheets.

Land masses near or surrounded by large bodies of water, especially the ocean, are prone to water damage. Florida, with south Florida most subject, is likely to experience extreme flooding and/or water damage, such as erosion in the next few decades. Some speculate that Florida will be under water within the century.

One of the beautiful things about Saint Leo University is its location. Saint Leo may not be on a river or ocean, but it is close to several bodies of water like Lake Jovita, Lake Pasadena, and many other small lakes; in addition to this, Saint Leo is about 30 miles east of the Gulf of Mexico. Although Saint Leo, FL has less of a risk of damage from a rise in sea level that Tampa or Clearwater, our beautiful town is still at risk.

One might ask, "What cause the temperature to rise, and how can I make a difference?" The answer: for centuries, humans have and still are releasing large amounts of carbon dioxide and other greenhouse gases into the atmosphere. Most of these gases are a result of burning fossil fuels though deforestation, industrial processes, and some agricultural practices also emit gases into the atmosphere.

Like a blanket, greenhouse gases trap energy in the earth's atmosphere causing it to warm. This phenomenon is called the greenhouse effect. It is natural and necessary to support life on Earth; however, buildup of these gases can affect the earth's climate and cause dangerous effects to human health and welfare and to ecosystems.

The earth has a delicate balance, and that balance has been tampered with. Unfortunately, it takes decades, even centuries, to alter the state of an environment. It is too late to stop or completely undo what is done, but actions can be made to brighten the future. Little by little, the amount of greenhouse gasses can be reduced rather than adding to the mix.

Picture From Twiter @Grist

With the changes in the planet's climate, many glaciers around the world are slowly melting. This melting raises the water level and affects the temperature of the nearby land masses. Over time, this can drastically change how that land looks as the ice melts.

Campus News

Good Friends Shape Lives

By Jonah Robertson
Editor-in-Chief

Nobody plans on going blind. At the age of 19 and attending San Diego State University, it certainly wasn't on Jeremy Poincenot's agenda. However, nature had other plans, and after 19 years of perfect vision his eyes started to fail him. After numerous optometrists misdiagnosed him with various conditions, Poincenot was finally informed that he had an incredibly rare genetic condition known as Leber Hereditary Optic Neuropathy. He was legally blind, without any central vision. He couldn't read, or drive, or play golf, a passion of his.

Poincenot was devastated. His entire world seemed like it was crashing to pieces around him. He spent hours upon hours during the day sleeping, or just lying on the couch. He didn't know what to do with himself. He didn't think he could continue with school, or with golfing.

One day, he was listening to the TV, and he heard a news report about a plane that had crashed nearby. 4 people were killed in the crash, and the husband and father some of them was pleading the newscaster, and the viewers, to give him any sort of advice regarding how to survive this situation.

For Poincenot this tragedy was a much needed wakeup call. He realized that instead of moping around the house, he should be looking for any sort of help or direction towards living his life with his blindness. He started thinking about what he might be able to do even though he had no central vision.

Returning to school and golf seemed impossible to him, but his best friend Josh convinced him to return to college and just take two easy classes: Intro to Music and Intro to Film. Without Josh, Poincenot doesn't think he would've made it through school, his best friend was there for him whenever he needed help.

Alongside his return to college, Poincenot's mother helped him discover the United States Blind Golf Association. In fact, his mother helped him through much of the struggles he dealt with at the beginning of his blindness.

"I wanted to give up, I wanted to throw in the towel…but for me it was my mom [who helped me]" said Poincenot.

At first he thought the USBGA was a joke that his mother was trying to use to cheer him up, but he soon learned that it was a real organization, and that he might just have a chance to continue his golf career, something he never thought he would be able to do.

Between returning to college and returning to the golfing world, Poincenot learned one particular lesson that he now travels the country imparting to other young people. That message is that friends and family can be what defines a person's ability to escape difficult situations. Without his mother, his father, his friend Josh, and many others, Poincenot makes it clear he's not sure how he would have survived the first steps through his blindness.

Now working as an inspiration speaker as well as a golfer, Poincenot has learned other important lessons that he does his best to teach to his listeners.

"[You] determine [your] own happiness" said Poincenot.

Picture From Twitter@JeremyPoincenot

Poincenot has been the USBGA National Champion three times in the past few years, as well as placing inother blind golf tournaments.

Friends and family facilitate recovery and happiness, but if an individual does not want to be happy, or to survive difficult times, then the support of friends and family can only do so much.

The final thoughts Poincenot leaves his audiences are these. First, everyone should try their best to focus on the good in the world. Negativity does not serve any good purpose, and just brings people down. Second, people should be kind to every person they meet. They have no way of knowing what that person might be going through, and just a small amount of kindness might make a massive impact on their life. Third, people shouldn't think so much about themselves. If Poincenot's family or friends had been selfish, and hadn't worried about him, he wouldn't necessarily be where he is today, and the same is true for many other people. Just a small amount of consideration for other people can make a world of difference.

Saint Leo Gathers to Honor MLK's Life

By Cassidy Whitaker
Contributing Writer

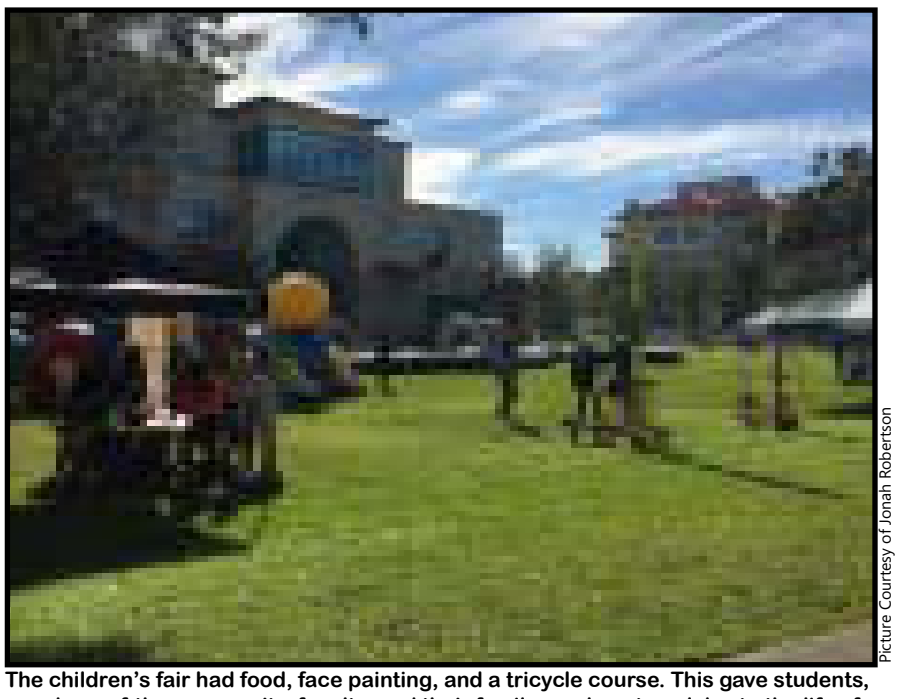
On Monday, January 18, the University as well as many members of the Dade City community came together to celebrate Martin Luther King Jr.'s life of civil rights advocacy and service to others with a children's fair.

Students and faculty, as well as local families, gathered on the SAB Green to play games and enjoy food together in honor of MLK's dedication to service. Games and activities included bike racing, corn hole, a strength tester, spin art, and even a large and colorful blow up caterpillar obstacle course.

The goal of this event was to reflect on the University's core value of community, which is why many different campus groups were involved in the fair's production for the university and locals. Groups in participation were the Greeks, athletics, the political science honor society Pi Sigma Alpha, the service fraternity Alpha Phi Omega, and others. Each of these groups had tables set up with various activities available for students and kids to enjoy.

"I think it's great that our campus community gets together for these events," said junior communications major Nancy Kelly.

According to the fair's coordinator, Assistant Director for Greek Life and Community Engagement Thomas Martin, the community fair was put on to honor Martin Luther King Jr.'s message of togetherness and unity. Since MLK Day is an ideal time to reflect on service because of Dr. King's life of hard work for so many people, Saint Leo felt that having an event dedicated to serving the entire Dade City community seemed appropriate. "We made it a community fair focused on children specifically because of MLK's lifelong message of investment in the future of our children," said Martin.



Picture Courtesy of Jonah Robertson

The children's fair had food, face painting, and a tricycle course. This gave students, members of the community, faculty, and their familes a place to celebrate the life of Martin Luther King Jr.'s life.

Father Stephan Brown stressed the importance of actively showing that this university promotes the value of community, rather than just saying that it does. "We must be consistent in not only word but also in deed," said Brown. Saint Leo did just that through the production of this fair.

Arts & Entertainment

The Beauty and the Horror of "The Revenant"

By Jake Gates
Contributing Writer

"The Revenant" is the sixth film to be directed by Alejandro Gonzбlez Icбrritu, whose previous film "Birdman" won best picture of 2014. The themes of "The Revenant" include Man against nature, Man against his fellow Man, and even Man against himself. To be blunt, "The Revenant" is not a happy film; it is about survival and death, and about one man's struggle not just against nature, but against his fellow man. This is not a film for children, and it is not even a film for the faint of heart. The violence is uncompromising and unflinching, and even the themes are intense enough to give a more sensitive person nightmares.

The film tells the true story of Hugh Glass (Leonardo DiCaprio), a frontiersman and fur trapper who is attacked by a bear and left for dead by his companions John Fitzgerald (Tom Hardy), Domnhall Gleeson, and Will Poulter. Glass then survives the ordeal and goes on a journey to find the people who left him for dead. The opening sequence is unbelievably brutal and acts as a combination of "Saving Private Ryan", "No Country for Old Men" and Robert Redford's "Jeremiah Johnson." The intensity of the violence in this film cannot be overstated. There are scenes of people being scalped, shot, having limbs chopped off, riddled with arrows, drowned, stabbed, hanged and mauled. There is even one brief scene of sexual violence. However, the film never glorifies violence or revenge, it shows it for what it is, and that is to be commended.

However, "The Revenant" is a film of contrasts, and the biggest contrast of the film is showing horrific violence, then the stark beauty of the landscape these characters are surviving in. The cinematography of this film is outstanding; it is easily the most beautiful film of 2015 and is made all the more impressive by the circumstances of its production. The film was shot entirely with natural light, meaning that every single shot was lit by either fire or the sun. The locations "The Revenant" was shot in were so beautiful it was almost overwhelming to the eyes. Every frame in the film could be considered a work of art featuring vast mountains, ancient forests, and rivers. And snow. The constant presence of snow may have tricked my mind, but I could actually feel myself getting colder as the film wore on. The cinematography, mixed with the sure direction from Icбrritu, creates a perfect canvas for the actors to work on.

Leonardo DiCaprio as Hugh Glass is the kind of performance that could be seen as a defining moment in his career as an actor. With less than one hundred lines in the movie, most of which are not even in English, DiCaprio is able to communicate every single emotion he needs to in every scene he is in. During filming, DiCaprio endured sub-zero temperatures, ate raw bison meat, and nearly drowned. DiCaprio committed to his role and gave everything he could to become the man we see on screen. Tom Hardy's performance as John Fitzgerald, the principal antagonist, is an excellent foil to DiCaprio. Glass and Fitzgerald both have a drive to survive, they just see to it through different means. DiCaprio suffers, and sacrifices his body to preserve his inner spirit, while Hardy gives up his spirit and the lives of others to preserve his own self-interest. The characters in the film never seem to be a cartoonish exaggeration of good or evil. Everyone has their own motivations for what they are doing and it shines through in every frame.

Overall, "The Revenant" is a deeply challenging but rewarding film. It is clearly not a happy film, but it is a beautiful one. For people willing to ask yourself hard questions about what it means to survive, to live, to be human, then this film is for them. It is uncompromising in its vision and left the entire theater speechless afterwards. The summation of all the efforts made by Icбrritu and DiCaprio allowed them to create one of the best films of 2015. This film gets a 4.5/5.

Upcoming Events

December 19 - February 1 - Artwork From the Permanent Collection on the Holocaust @ The Florida Holocaust Museum

January 22 - Billy Joel @ Amalie Arena Tickets from $80.00

January 23 - Chili in the Park/ Classic Car Show @ Lake Eva Park in Haines City Florida

January 23 - Let's Hang On! Frankie Valli Tribute @ PHSC-West Campus

January 26 - WWE Smackdown @ Amalie Arena Tickets from $40.00

January 30 - Little Big Town with Chris Stapleton Tickets from $33.00

February 11 - Andrea Bocelli @ Amalie Arena Tickets from $17.00

February 20 - Arenacross @ Amalie Area Tickets from $20.00

February 24 - Jeff Dunham @ Amalie Area Tickets from $43.00

February 27 - Disney Live! Mickey and Minnie's Door-way to Magic @ Amalie Arena Tickets from $34.00

April 29 - 98RockFest @ Amalie Arena- Tickets from $29.00

Photo From Twitter @CNN

Tensions run high as Hugh Glass (Leonardo Dicaprio) and company fight for survival.

Photo From Twitter @RevenantMovie

Tom Hardy gives an equally great performance to counter Dicaprio in 'The Revenant'.

Arts & Entertainment

The Lions' Pride Predicts the Academy Awards

By Jonah Robertson
Editor-in-Chief

BEST PICTURE NOMINATIONS:
The Big Short
Bridge of Spies
Brooklyn
Mad Max: Fury Road
The Martian
The Revenant
Room
Spotlight
PREDICTED WINNER: Spotlight

ACTOR IN A LEADING ROLE NOMINATIONS:
Bryan Cranston, "Trumbo"
Matt Damon, "The Martian"
Leonardo DiCaprio, "The Revenant"
Michael Fassbender, "Steve Jobs"
Eddie Redmayne, "The Danish Girl"
PREDICTED WINNER: Eddie Redmayne

ACTRESS IN A LEADING ROLE NOMINATIONS:
Cate Blanchett, "Carol"
Brie Larson, "Room"
Jennifer Lawrence, "Joy"
Charlotte Rampling, "45 Years"
Saoirse Ronan, "Brooklyn"
PREDICTED WINNER: Brie Larson

ACTOR IN A SUPPORTING ROLE:
Christian Bale, "The Big Short"
Tom Hardy, "The Revenant"
Mark Ruffalo, "Spotlight"
Mark Rylance, "Bridge of Spies"
Sylvester Stallone, "Creed"
PREDICTED WINNER: Sylvester Stallone

ACTRESS IN A SUPPORTING ROLE:
Jennifer Jason Leigh, "The Hateful Eight"
Rooney Mara, "Carol"
Rachel McAdams, "Spotlight"
Alicia Vikander, "The Danish Girl"
Kate Winslet, "Steve Jobs"
PREDICTED WINNER: Jennifer Jason Leigh

ANIMATED FEATURE FILM:
Anomalisa
Boy and the World
Inside Out
Shaun the Sheep Movie
When Marnie was There
PREDICTED WINNER: Inside Out

CINEMATOGRAPHY:
Carol
The Hateful Eight
Mad Max: Fury Road
The Revenant
Sicario
PREDICTED WINNER: Mad Max: Fury Road

COSTUME DESIGN:
Carol
Cinderella
The Danish Girl
Mad Max: Fury Road
The Revenant
PREDICTED WINNER: The Revenant

DIRECTING:
The Big Short
Mad Max: Fury Road
The Revenant
Room
Spotlight
PREDICTED WINNER: Room

DOCUMENTARY (FEATURE):
Amy
Cartel Land
The Look of Silence
What Happened, Miss Simone?
Winter on Fire: Ukraine's Fight for Freedom
PREDICTED WINNER: Cartel Land

DOCUMENTARY (SHORT SUBJECT):
Body Team 12
Chau, beyond the Lines
Claude Lanzmann: Spectres of the Shoah
A Girl in the River: The Price of Forgiveness
Last Day of Freedom
PREDICTED WINNER: Body Team 12

FILM EDITING:
The Big Short
Mad Max: Fury Road
The Revenant
Spotlight
Star Wars: The Force Awakens
PREDICTED WINNER: Mad Max: Fury Road

FOREIGN LANGUAGE FILM:
Embrace of the Serpent
Mustang
Son of Saul
Theeh
A War
PREDICTED WINNER: A War

MAKEUP AND HAIRSTYLING:
Mad Max: Fury Road
The 100-Year Old Man Who Climbed Out the Window and Disappeared
The Revenant
PREDICTED WINNER: Mad Max: Fury Road

MUSIC (ORIGINAL SCORE):
Bridge of Spies
Carol
The Hateful Eight
Sicario
Star Wars: The Force Awakens
PREDICTED WINNER: Star Wars: The Force Awakens

MUSIC (ORIGINAL SONG):
"Earned It" Fifty Shades of Grey
"Manta Ray" Racing Extinction
"Simple Song #3" Youth
"Til it Happens to You" The Hunting Ground
"Writing's on the Wall" Spectre
PREDICTED WINNER: Writing's on the Wall

PRODUCTION DESIGN:
Bridge of Spies
The Danish Girl
Mad Max: Fury Road
The Martian
The Revenant
PREDICTED WINNER: The Martian

SHORT FILM (ANIMATED):
Bear Story
Prologue
Sanjay's Super Team
We Can't Live Without Cosmos
World of Tomorrow
PREDICTED WINNER: Sanjay's Super Team

SHORT FILM (LIVE ACTION):
Ave Maria
Day One
Everything Will Be Okay (Alles Wird Gut)
Shok
Stutterer
PREDICTED WINNER: Everything Will Be Okay (Alles Wird Gut)

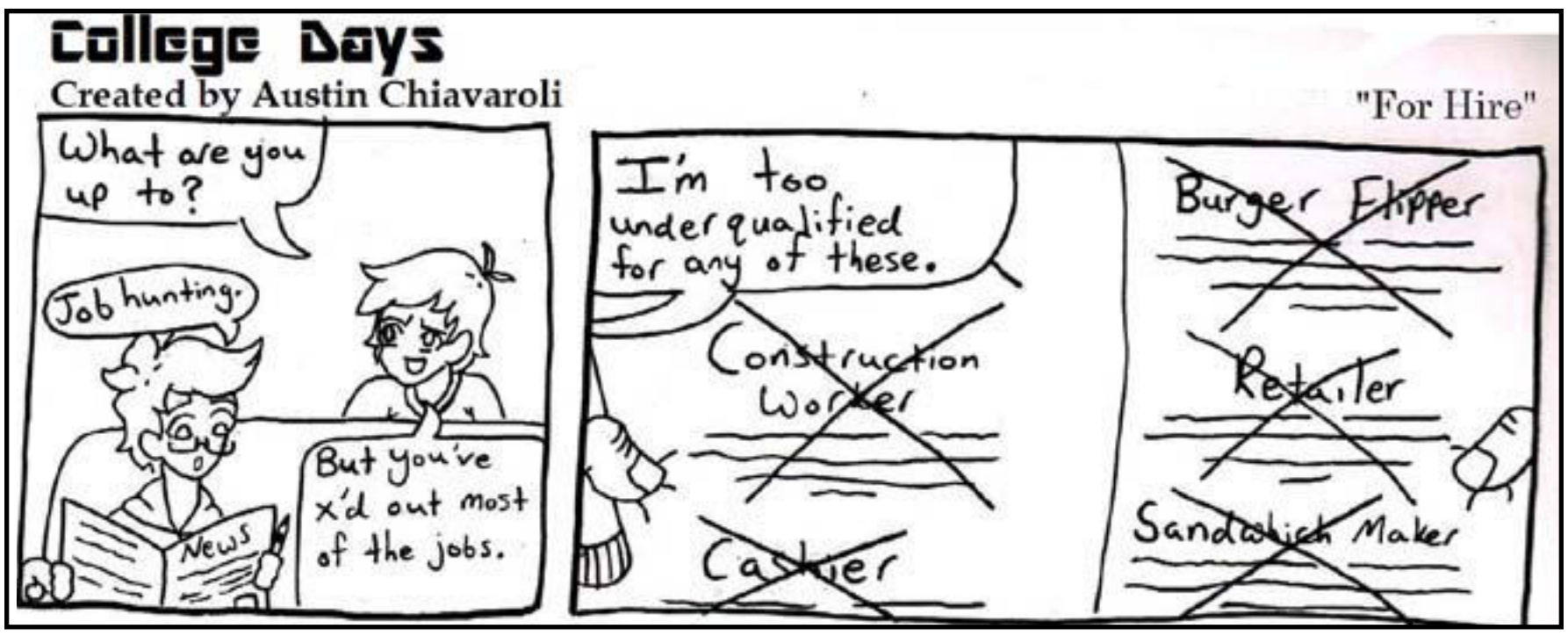
SOUND EDITING:
Mad Max: Fury Road
The Martian
The Revenant
Sicario
Star Wars: The Force Awakens
PREDICTED WINNER: Star Wars: The Force Awakens

SOUND MIXING:
Bridge of Spies
Mad Max: Fury Road
The Martian
The Revenant
Star Wars: The Force Awakens
PREDICTED WINNER: Star Wars: The Force Awakens

VISUAL EFFECTS:
Ex Machina
Mad Max: Fury Road
The Martian
The Revenant
Star Wars: The Force Awakens
PREDICTED WINNER: Mad Max: Fury Road

WRITING (ADAPTED SCREENPLAY):
The Big Short
Brooklyn
Carol
The Martian
Room
PREDICTED WINNER: The Martian

WRITING (ORIGINAL SCREENPLAY):
Bridge of Spies
Ex Machina
Inside Out
Spotlight
Straight Outa Compton
PREDICTED WINNER: Straight Outa Compton



Sports

Time to Play Like a Girl

By Samantha Corcoran
Contributing Writer

Over the last several years women in sports have garnered a great deal of attention. It has been noted that women are striving for equality in athletics and are working hard to show their strength.

Ronda Rousey is one of the most recognized female athletes in the world. In addition to Rousey, there are many other recognized female athletes including Serena Williams, Brittney Griner, Alex Morgan and Hillary Knight. These women are inspirations to girls everywhere.

Rousey endured a tough childhood, including speech problems and her father's suicide. According to RollingStone.com, Rousey's father broke his back while sledding with his daughters, and was unable to heal properly due to a blood disorder. Knowing that he would become a paraplegic, he took his life when Rousey was only 8 years old.

Another issue she faced occurred during birth. The umbilical cord had been strangling Rousey and is the reason for her speech impediment. She couldn't utter an intelligible word until she was 6 years old.

Rousey brought female mixed martial arts competition to the mainstream audience, winning one of the two UFC women's championships. She had been undefeated, until her latest fight against Holly Holm.

The former bantamweight champion had been considered the best pound for pound MMA fighter in the world. Edmond Tarverdyan, Rousey's trainer working with her since 2010 stated, "She's a born fighter," according to RollingStone.com. Rousey ended many of her fights in the first round, typically by submission, with her signature move: the armbar.

On top of her fighting career, Rousey has been selling t-shirts to help raise money for the Didi Hirsch Mental Health Services.

According to Rousey's official website, she stated, "It's not your purpose in life to be happy, it's your purpose in life to leave the world better than how you found it. I'm trying to do that."

Also noted to be in the limelight, Serena Williams is an American professional tennis player. She has won over twenty Grand Slam singles titles and numerous Olympic gold medals.

At 34 years old, Williams has come back from a knee injury to regain her status as an elite player and has even teamed with her sister Venus Williams to win a series of doubles titles.

In 2003 Serena underwent knee surgery. She has faced many obstacles, she saw her ranking fall to 139. Up until the 2012 Summer Olympic Games where she came back and won her first gold medal in women's singles. Williams then kept up her winning streak.

By the end of 2012 she had 15 Grand Slam singles titles and 13 Grand Slam doubles titles according to Biography.com.

In addition to Serena Williams athletic abilities, she is well-known for her charitable work fighting breast cancer and her support of Big Brothers Big Sisters, which is a non-profit organization which aims to help children reach their potential through one-on-one mentorships with volunteers. She has traveled to Ghana as a UNICEF Goodwill Ambassador to advocate for the children to receive better education in the developing world according to Bleacherreport.com.

At 6 feet 8 inches tall, Brittney Griner towers over the competition. Griner was the first WNBA player to ever dunk a basketball twice in a game. Her two effortless slams set the record for most dunks to ever occur in a game. Additionally, she tied a league record for most dunks in a career.

In an estimated twenty seven minutes Griner matched an all-time mark shared by Lisa Leslie and Candace Parker, according to USAToday.com. Prior to breaking this record Griner had made eighteen career dunks at Baylor.

Griner won defensive player of the year in 2014 and currently plays for the Phoenix Mercury. A ten-year WNBA (Women's National Basketball Association) veteran and teammate of Griner, Diana Taurasi, once said that Griner is not trying to be anyone she is not. Griner proudly presents herself as exactly who she is. Her career has flourished due to her self-acceptance. Griner says this is one of the major aspects she loves about being in the WNBA.

Although she is a famous athlete, Griner has dealt with issues in her private life. Between domestic abuse charges with her former partner Glory Johnson, annulment of their marriage and now the pregnancy of her former wife, Griner proves that she is not above the law and poor decision making. According to USAtoday.com, Griner pleaded guilty to misdemeanor disorderly conduct six days later and entered a domestic violence diversion program.

Famous soccer player Alex Morgan is recognized as one of the world's top female athletes. At the age of fourteen Alex Morgan began playing soccer. Since then, Morgan has developed a successful career in the sport that she loves.

In 2011, Morgan was drafted first overall in the Women's Professional Soccer draft by the Western New York Flash. Additionally, she was on the women's national team in the 2011 FIFA Women's World Cup. Morgan was the youngest player on the team and scored her first World Cup goal against France in the semifinal match.

In 2012, Alex Morgan found herself on the U.S. Olympic women's soccer team winning her first gold medal in the 2012 Summer Olympic Games. Later in the spring of 2015 Morgan was hit by a knee injury. She later recovered from this injury to end the season with the team and bring home the first U.S. women's World Cup title since 1999, according to RollingStone.com.

Another famous female athlete by the name of Hilary Knight has sprung into the limelight. Hilary Knight is a professional hockey player. She is an Olympic Silver Medalist, the MVP of the Canadian Women's Professional hockey league, a four-time World Champion, and three-time All American in the sport of women's hockey.

Knight had surpassed her coach's record that stood for over thirty years and set the all-time record for goals. She decided to attend Wisconsin for her collegiate years. Here she prepared to make the 2010 U.S. Olympic team. As a sophomore, she led the nation with forty-five goals and went on to win a National Championship with her fellow Badgers, according to HilaryKnight.com.

These individuals have helped to change what it means to be a woman. Being a girl no longer equals inferiority. Women in fact are fighting for their chance in the spotlight of athleticism. Young females everywhere are following the many female athletes that inspire them to not only be their best but to push to do what others say they can't.

Young women look up to these athletic individuals and hope to achieve what these women have successfully accomplished. It is clear that as successful women pop up in the athletic world there will continue to be a rise in female athletes. As long as the stories of these individuals live on and spread, they will encourage women everywhere to stay active and involved and to go after their dreams.

Upcoming Games For the Week of 1/22/16 - 1/28/16

W Swimming

1/22: Vs Florida Tech & Lynn @ Melbourne, FL 3:00pm

1/23: Vs Rollins 11:00am

M Swimming

1/22: Vs Florida Tech 3:00pm

1/23: Vs Rollins 11:00am

M Basketball

1/23: @ Nova Southeastern 4:00pm

1/27: Vs Eckerd 7:30pm

W Basketall

1/23: @ Nova Southeastern 2:00pm

1/27: Vs Eckerd 5:30pm

Upcoming Games For the Week of 1/29/16 - 2/4/16

W Swimming

1/29: Vs Tampa 3:00pm

M Swimming

1/29: Vs Tampa 3:00pm

Baseball

1/29: Vs Montevallo 6:00pm

1/30: Vs Montevallo 1:00pm

1/31: Vs Montevallo 1:00pm

M Basketball

1/30: @ Fla. Southern Jenkins Field House 7:30pm

2/3: @ Barry 7:30pm

W Basketall

1/30: @ Fla. Southern Jenkins Field House 5:30pm

2/3: @ Barry 5:30pm